

LEMON-DILL FISH & CHIPS

with Parsley Mayo





Add dill to a fish crumb















Mayonnaise



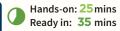
Rocket Leaves



Panko Breadcrumbs



Pantry Staples: Olive Oil, Honey, Plain Flour, Eggs





We managed to improve the classic fish and chips by packing flavour right into the crust! That's right, these pan-fried fillets have dill all through the crisp crumb so every bite is brimming with deliciousness. Paired with oven baked chips and a zesty mayo, it's a taste sensation.

START

Our fruit and veggies need a little wash before you use them!! You will need: chef's knife, chopping board, oven tray lined with baking paper, fine grater, medium bowl, three shallow bowls, whisk or fork, two plates, medium frying pan and paper towel.



Preheat the oven to 220°C/200°C fanforced. Cut the potatoes (unpeeled) into
0.5cm chips. * TIP: Cut the potato to the
correct size so it cooks in the allocated time.
Place the potatoes on an oven tray lined
with baking paper, drizzle with olive oil,
season with salt and pepper and toss to
coat. Spread out in a single layer and bake for
25-30 minutes, or until golden.



2 GET PREPPEDWhile the potatoes are baking, finely grate the **garlic** (or use a garlic press). Zest the **lemon** and slice into wedges. Pick and finely chop the **dill** leaves. Finely chop the **tomato**.



MAKE THE SALAD
In a medium bowl, combine the dill & parsley mayonnaise (2 tsp for 2 people / 1 tbs for 4 people), a squeeze of lemon, the honey and olive oil (1 tbs for 2 people / 2 tbs for 4 people). Season to taste with salt and pepper. Add the rocket leaves and tomato and just prior to serving, toss to coat.

**TIP: Toss the salad just before serving to keep the leaves crisp.



CRUMB THE FISH
In the first shallow bowl, combine the
plain flour, salt (see ingredients list) and a
good pinch of pepper. In the second shallow
bowl, whisk the egg. In the third shallow
bowl, combine the panko breadcrumbs (see
ingredients list), garlic, lemon zest and dill.
Season with salt and pepper. Dip the white
fish fillets into the flour mixture, followed by
the egg, and finally in the breadcrumbs. Set
aside on a plate, ready to fry.



When the chips have about 6 minutes cook time remaining, heat enough olive oil to coat the base of a medium frying pan over a medium-high heat. When the oil is hot, add the crumbed fish fillets to the pan and cook for 2-3 minutes each side, or until golden and just cooked through. *TIP: Add extra oil if needed so the fish does not stick. Transfer to a plate lined with paper towel. *TIP: The fish is cooked through when it turns from translucent to white.



SERVE UPDivide the lemon & dill fish, chips and rocket salad between plates. Serve with the remaining dill & parsley mayo and the lemon wedges.

ENJOY!

2 4 PEOPLE

INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
garlic	1 clove	2 cloves
lemon	1	2
dill	1 bunch	1 bunch
tomato	1	2
dill & parsley mayonnaise	1 tub	1 tub
honey*	½ tsp	1 tsp
rocket leaves	1 bag (30 g)	1 bag (60 g)
plain flour*	2 tbs	⅓ cup
salt*	½ tsp	1 tsp
eggs*	1	2
panko breadcrumbs	¾ packet	1½ packets
white fish fillets	1 packet	1 packet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3120kJ (745Cal)	598kJ (143Cal)
Protein (g)	40.8g	7.8g
Fat, total (g)	41.3g	7.9g
- saturated (g)	5.3g	1.0g
Carbohydrate (g)	51.5g	9.9g
- sugars (g)	4.6g	0.9g
Sodium (g)	844mg	162mg

For allergens and ingredient information, visit **HelloFresh.com.au/foodinfo**

→ JOIN OUR PHOTO CONTEST!





#HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

2018 | WK32

